

Recommended social and emotional coaching books available from Amazon

The Therapeutic Parenting Series by Sarah Naish

- 1) Rosie Rudey and the Very Annoying Parent: A story about a prickly child who is scared of getting close
- 2) Rosie Rudey and the Enormous Chocolate Mountain: A story about hunger, overeating and using food for comfort
- 3) William Wobbly and the Very Bad Day: A story about when feelings become too big
- 4) Ellie Jelly and the Massive Mum Meltdown: A story about when parents lose their temper and want to put things right

Set of 4 amazing books for children

- 1) Be Brave! Mindful Kids: An Activity Book for Young People Who Sometimes Feel Scared or Afraid by Dr. Sharie Coombes
- 2) Stay Strong! Mindful Kids: An Activity Book for Young People Who Are Experiencing Bullying by Dr. Sharie Coombes
- 3) Hello Happy! Mindful Kids: An activity book for young people who sometimes feel sad or angry. By Stephanie Clarkson
- 4) No Worries! Mindful Kids: An activity book for young people who sometimes feel anxious or stressed by Katie Abey.